



Indiana State Department of Health

Epidemiology Resource Center

Quick Facts

About...Vibriosis

What is vibriosis?

Vibriosis (vib-ree-OH-sis) is an infection caused by *Vibrio* bacteria. These bacteria are found in water, especially water where fresh and salt water mix (estuary or brackish water). *Vibrio* bacteria are more common in water during summer.

What are the symptoms of vibriosis?

- Vomiting
- Diarrhea (sometimes watery)
- Stomach pain
- Nausea
- Fever
- Chills

Symptoms often begin 12 to 24 hours (range of 4 to 96 hours) after a person becomes infected and usually last from 2 to 10 days. In immune suppressed persons, mainly those with chronic liver disease, certain kinds of *Vibrio* bacteria can be very serious.

How is vibriosis spread?

Most people become infected with vibriosis by eating raw or undercooked shellfish, mostly oysters and other shellfish found in warm coastal waters, during the summer months. Since the bacteria are naturally found in warm ocean waters, people with open wounds can be infected with *Vibrio* through direct contact with saltwater. Vibriosis is not spread from person to person.

Who is at risk for getting vibriosis?

Anyone can become ill, but young children, senior adults, pregnant women, and immune suppressed individuals (such as patients on cancer drugs and with organ transplants) are at high risk for illness.

How do I know if I have vibriosis?

A person having diarrhea lasting more than 24 hours should consult a health care provider. The health care provider may collect a stool sample to test.

How is vibriosis treated?

Most people recover without treatment, but diarrhea can cause dehydration so an ill person should drink plenty of fluids. Some *Vibrio* infections require certain medicines to resolve infection and your health care provider can decide what's right for you.

How is vibriosis prevented?

- Use treated water for washing, cooking, and drinking.
- Do not eat uncooked or undercooked shellfish or fish, including ceviche.
- Avoid swallowing untreated water.
- Do not go swimming or use hot tubs if you have diarrhea for at least 2 weeks after diarrhea stops.
- Treat wounds by washing with soap and water as soon as possible and applying a waterproof bandage.

All information presented is intended for public use. For more information, please refer to: <http://www.cdc.gov/vibrio/>

Food and Drug Administration, Food Facts for Consumers:
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.htm>

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